

LOGOS II

The Word of



Harpeth Hall

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Winterim 2000

Harpeth Hall Extends a Hand From Hospitals to the Zoo, Students Serve

by Allison Chandler '03

Every day many freshmen and sophomores are trying new things, while helping others, through service leadership. Sacrificing two on-campus Winterim classes a day, forty-five students go across the town to places such as the zoo, the hospital, and nursing homes in order to assist in a wide variety of tasks.

After the girls were enrolled in the class, they were placed in various environments based on potential careers, special talents, and what they were interested in.

Girls are volunteering at eight different locations: Belmont Village, Nashville Zoo, Regional Intervention Program, J.B. Knowles Senior Center, St. Mary's Villa, Harris Hillman School, Grace Eaton Daycare Center, and Centennial Medical Center.

This experience can lead to an increased interest in that field of work or the realization that it isn't the right job for you. For some, though, it leads to additional work and summer jobs.

At Centennial Medical Center, girls are following doctors and helping with babies. At the Nashville Zoo, the volunteers are making toys for the monkeys.

Of course, it's not all fun. The students get to do a lot of the dirty work, quite literally. Students at the zoo are cleaning bird and mice cages, aquariums, horse stalls and the animal trail. (Yuck!) At the hospital, some of the girls make packets, answer phones and stock shelves.

Though the work is hard and the pay is nonexistent, the girls continue to enjoy their responsibilities. Community Service Director Ann

Bailey says, "I hope they discover that they like volunteering, learn about themselves, and learn about new places in the community."

Ms.

Bailey will be pleased to know that everyone seems to be gaining experience while enjoying themselves. Freshman Pauline Lewis says, "Taking care of animals is very hard work, and it's not always easy. But it is very rewarding."

The general consensus is that volunteering is fun and worthwhile. The girls look forward to continuing the program throughout Winterim, while moving to other tasks within their original assignment. The



Volunteers gather in the gallery prior to a morning of service.

zoo volunteers may have the chance to feed the animals and make rounds with a zoo keeper. As for the hospital helpers, they will get to switch floors. Between the four floors, they are sure to find one they love.

Harpeth Hall is pleased to be represented by such an eager and helpful group of students. Everyone being helped is also glad, though the horses declined comment.

"I hope they discover that they like volunteering, learn about themselves, and learn about new places in the community."

- Ann Bailey, Service Leadership coordinator

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Courses Energize Winterim Experience

by Katie Smith '03

How does watching the masculine Dr. Echerd talk about fashion to twenty-two girls sound? Or maybe sewing your own clothes, or even watching Alfred Hitchcock appear as a cameo in his own movies? Unbelievable, huh? Well, not completely if you are a sophomore or freshman here at Harpeth Hall.

Winterim has taken flight into the new millennium with the addition of many compelling classes. Among these are "Mirror, Mirror" taught by Dr. Echerd, "A Stitch in Time" taught mostly by the math department (yes, the math depart-

ment), and "Hitchcock 101" taught by Ms. Croker and Ms. O'Keefe.

"Mirror, Mirror" is a course on fashion throughout history. It is known that there are some major fashion divas at our school who would jump at this opportunity if they only knew more about the class. When looking at the Winterim choices and their descriptions, you may notice that "Mirror, Mirror" looks interesting but happens to involve history, which as freshman Lana Evans pointed out, usually equals extensive homework: "First I didn't think I wanted to take the course, but when I took it, I realized how interesting fashion and

beauty are, especially with a teacher like Dr. Echerd, who I might add is a thrilling and wonderful teacher."

Although the threat of homework may swiftly change a student's decision to take this class, those who participate in it feel differently. Students learn not only about clothes but hairstyles, body manipulations, and breast implants. Hard to imagine Dr. Echerd discussing breast implants? Well, he can, and has been said to do a fine job of it. He not only gets his point across to his students but also makes the class a delight. He is funny and entertains

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Diva in the Making

by Becky Brown '02

While balancing school with violin, piano, and voice lessons, she can perform in up to five shows a semester as a talented and "noticed" young soprano. Christine Ekrem knows the real definition of dedication. Every day she has at least one musical lesson, and after her lesson, she goes home to practice, often accompanying her own voice with the piano.

Christine decided to start singing opera for many reasons, one of them being to impact that past renowned opera singers have had on her life.

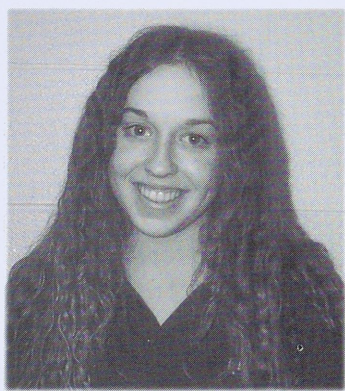
She says, "The biggest thing women like Sara Brightman and Joan Sutherland have given me is a perspective of different vocal techniques."

Christine is currently involved with The Nashville

Opera Association, and she says her biggest learning tool is talking with other singers and learning new things. She also works as a intern, helping with office work. Her dream is to one day perform the role of Christine in *The Phantom of the Opera*, and she also hopes to sing at the Paris Opera House. For now she is satisfied with honing and refining her ability and performing her current role as a chorus member in *Susannah*. Christine says, "An opera singer's career doesn't normally start until around age thirty-five," so she isn't even halfway there.

What does she say is the most thrilling moment of her of her career thus far? Unquestionably it is "being onstage in front of a sold out Jackson Hall [TPAC] performing in the opera *Carmen* with the Nashville Symphony and a conductor from the Metropolitan Opera."

Look for her in the future.



Christine Ekrem smiles...and sings.

photo courtesy of Margaret Riley

Need some inspiration and soul soothing? Of course you do! Everyone needs to be calmed and inspired every once in a while. Winterim is the perfect time to find your true inspiration and discover your passions in life. It is also a good time to read and discuss others passions and inspirational stories to encourage us on our journey to happiness and love. These are a couple of the many inspirational stories taken from our very own Harpeth Hall sophomores and freshmen.

Her entire aspiration and talent was initially discovered by the common feeling of wanting to be like her older sister and wanting to do whatever she did. When she was fairly young she went to hear other young children play the violin. She was so dazzled and inspired by the performance of an older role model that at that moment she knew she wanted to play the violin and express herself with such grace.

Violin became more than just an after school activity to the young woman. It became a way to display her incredible talent. Every time it gave her the most amazing rush to be in the spotlight and maintain her poise. Still, she went through a period when she thought she wanted to quit and move on to other things, but through the encouragement and inspiration of her beloved teacher, she stuck with it and continued to practice and become better and better.

Violin has brought her not only a musical talent, but the life lessons of patience and dedication that she says are worth every hour of hard work. She now continues to get satisfaction by teaching younger children—who see her as their mentor—how to play and love the violin in the same way she has come to need the instrument to soothe her soul.

Good nutrition is the key to maintaining a healthy lifestyle. In order to obtain the best possible nutrition, it is best to follow the food pyramid guide. The current food pyramid suggests about six to ten servings of bread each week, two to four servings of fruit, three to five servings of meat, two to four servings of vegetables, and a minimum of sweets. When followed, the food pyramid is an effective and efficient guide to a healthy lifestyle.

Another de-stress solution is to exercise. Most would think that exercise is anything but soothing, but it's all in your outlook and purpose. Exercise should be an activity to relax and to let out all physical and emotional stress by improving and maintaining your overall well-being. If exercise is forced and not fun, there are workout variations so that one or many will be enjoyed by everyone. Anything from Taebo to swimming to mowing the lawn provide a good, well-rounded workout guaranteed to leave you happier and feeling much better about yourself.

Last, after maintaining a healthy diet and regular exercise you can sit back and enjoy a little aroma therapy. There are many ways to de-stress your life safely and enjoyably. First, you can light scented candles to relax and sooth your soul (the aroma therapy brand candles are the best). Then you can treat yourself to a glass of hot chamomile tea to sooth your throat and release anxiety. Another trick to release stress is to push with the thumbs on the slight dipping points in the middle of the eyebrows and massage the stress away. After following these tips you will be well on your way to deep relaxation and happiness.

Chicken Soup

by Caroline Moses '02

Her dream began with wanting to be like her older brother, who was on the swim team. She started swimming when she was just three-and-a-half, even though a youngster is supposed to be at least four. She had to pass an easy swim test, and she qualified.

She began swimming seriously when she was about eight or nine, making her first national cut when she was only eleven years old. A very fast time is required to qualify, and every age group has the same qualifying time. When she was twelve she made a cut which allowed her to compete against other aspiring Olympians.

What motivates her? She loves competition and loves swimming. Consequently, she has always led a life far from normal, making sacrifices with her friends, grades, and family time in order to practice ten times a week. Her mentors have been her parents and her amazing coach whom she loves and sees almost as a third parent.

There was a time when she hit a rut and wasn't improving on her times. She thought about quitting, but with the encouragement of her coach, family, and friends she continued to work hard and overcome obstacles. She hopes to earn a scholarship and swim in college. The sport has taught her both discipline and how to manage her time wisely. Also, she stays in amazing shape by getting great exercise every day. Most importantly she explains, "You gotta love it."

Off-Campus Profile

Martin Pursues Musical Interests

by Becky Brown '02

What could be better than getting up and going to a Winterim job that you absolutely love? "Nothing," says Margaret Martin.

Margaret is working with musician Randall Goodgame, helping him write, while also taking fiddling lessons from Gretchen Priest. Besides learning about the music industry, she has gone to studios and spent one-on-one time with Mr. Goodgame working on guitar skills.

Margaret is also learning how to be a fiddler. "My teacher is breaking my ten years of classical [violin] habits and turning me into a fiddler. She is learning to fiddle by ear, playing songs from Allison Kraus to Bob Dylan to Dave Matthews.

Margaret says, "I am incorporating what I have learned about fiddling into making up parts to Randall's songs." She adds, "This Winterim enables me to spend time on a hobby that I love but have never been able to pursue."

You can see the fruits of her labor on Saturday, January 29, at *Jammin Java*, when Margaret performs in Mr. Goodgame's show.

Health Tips

Got Stress?

by Caroline Moses '02

Are you always stressed out and can never seem to relax even when given free time? Well, *Logos II* is here to help you with ways to release the stress of everyday life. I have come up with the top three ways to relieve stress and live a healthy lifestyle. All it takes to turn your life around and to make you much happier is some good old-fashioned diet and exercise, followed by a little aroma therapy and self-pampering.

Long, Curious Odyssey Leads to Paschall Show

by Katie Smith & Carolyn Richards

With elegant goblets, timeless aesthetics, and a style that stays with you, Ms. Paschall's art exhibit is sure to be a success. This talented artist and instructor is one of Harpeth Hall School's own. Her array of recent art is being presented in The Marnie Sheridan Gallery, here at Harpeth Hall.

But where did Ms. Paschall start? Where did her amazing talent begin?

It all started when Rosie Paschall was born in England to a very artistic family. With her father as an imaginative inventor, as well as an artist, along with her extremely creative mother, how could she not enter into the world of dreams, art? "I'm a bit of a dreamer," Ms. Paschall remarks.

At a young age she and her family moved to South Africa where art was not thought of as a school subject. Yet Ms. Paschall pursued her dream and eventually entered an art school. Back in those days everyone was accepted in this school, but if you weren't up to speed or didn't perform well you could say your prayers. Because Ms. Paschall's art not only appealed to her but others, she succeeded. Being a survivor of a torturous art school where she learned graphic and textile designs, she went on to apply these lessons to her later work.

At age twenty-one she moved to Oxford where she became a free-lance commercial artist. But she wanted to move beyond commercial art and do her own work. While dwelling in England she was set up on

a blind date with a young American gentleman who would later become her husband. In 1970, after being married, they moved together to America: first to Chattanooga, then Sewanee. There she taught at The Sewanee Academy for eighteen years.

She wasn't used to teaching at first but, as many here know, is wonderful at it. During these enlightening years as an instructor she encountered many interesting students—one of whom was Kix (no not the cereal) but Kix Brooks, of Brooks and Dunn.

About twelve years ago her husband was asked to be the head of MBA (Montgomery Bell Academy). He grabbed the opportunity and here they were. Ms. Paschall

soon realized there was not much of an art program at MBA, so with the help of the backer of the program, she formed a new and improved art curriculum. Thus, Ms. Paschall began her career at Harpeth Hall School as an Art III and AP Art teacher and at MBA as an Art I and AP Art teacher.

Now back to her exhibit, named "Odyssey." Throughout The Marnie Sheridan Gallery is displayed a cornucopia of artwork. Some of these works include pictures made out of oil paint, prints, and chinecolle (a collage-like material), and pottery. Ms. Paschall loves mixed media. She says, "I just want to experience stuff." Also, the work presented in her exhibit is all very colorful. "Color is a mood," states Ms. Paschall. Some pieces are dark and vivid, others are bright and welcoming, while the rest is an interesting medium between the

two. Whichever the case is, they all took much thought and time.

Her works have a Greek influence on them. Many of their names are Greek, and some are named after the gods and goddesses as well as minor characters in mythology. This theme all began when she went for one of her semi-annual art classes in Santa Fe, taught by Bruce Winn. One of the assignments in the class was to find one inspiring piece of

work at least a hundred years old.

Ms. Paschall found many that appealed to her but when she flipped the pages to reveal a simple piece of Minoan art, she was amazed. This started her on the works presented in the current exhibit.

"That's what is great about art. It's very hard not to be influenced," says Ms. Paschall. Well, she was definitely influenced—lucky for us—and maybe you could be too.



Work by Ms. Paschall hangs in The Sheridan Gallery.

Courses Inspire Students

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the class with puns like "then that faded out" (speaking of tans) and "then that fashion was stomped out" (alluding to the binding of Chinese ladies' feet). So if you love fashion and talking about how it affects society, then this is the class for you.

Moving on, we come to "A Stitch in Time." As mentioned before, it is taught primarily by the math department including Mrs. Crenshaw, Mrs. Karwedsky, and Mrs. Hill. However, no math is required for this class.

"A Stitch in Time" is another one of those fashion fanatics courses. I know many people who love to make their own clothes, but Harpeth Hall keeps them so busy by making them academic superstars that they have no time! If you are one of these unfortunate students, then you have

to explore the world of "A Stitch in Time." You learn to sew, you talk to friends, you laugh, and then again you cry when the sewing machine misses the cloth and hits your finger. On the positive side, students get to make skirts as well as boxers covered in little hearts. What an experience! Who knows—maybe one day a couple of students will become the proud creators of a famous line of clothing. If this sounds like you, then take notes and sign up next year. As for the poor sophomores, you can go out of the state or country in 2001, so sigh no more, ladies.

Finally we come to the dark part of the topic, traveling into the mind of Alfred Hitchcock, arguably one of the best directors of the 20th century. The lights go out, you can

almost smell the movie popcorn in the far off distance, and then suddenly "Psycho" fills the room with light. But have no fear, Ms. Croker and Ms. O'Keefe are here. This dynamic duo takes students deep into the works of the "Master of Suspense" himself. The class consists of watching his movies and learning his techniques. Some of the other movies seen throughout this course include "North by Northwest," "Vertigo," "The Birds," and "Rebecca." Several of the films are scary, so take heed.

But the class is not only about watching movies; it involves creating movies, too. Towards the end of Winterim the students get to make their own mini movies. Fresh-

man Maggie Anderson remarked, "I'm definitely looking forward to making the movies. Yes, it seems like a challenge but fun at the same

"First I didn't think I wanted to take the course, but when I took it, I realized how interesting fashion and beauty are, especially with a teacher like Dr. Echerd."

- Lana Evans, freshman

time." Maybe Harpeth Hall could have another Hitchcock on our hands, and maybe it could be you! So sign up next year if this suits your fancy!

In addition to these three classes, there are many others of interest: "The String Machine," a class where students play string instruments; "Bat the Birdie," a course on badminton; "Three Faces of Eve," a choice where you look at women in film and the roles of women; "Intimate Portraits," a course on Nashville's women of wisdom; "Visual Basics," a class on programming computers; and "Differences/Disabilities," an offering about the various differences and physical disabilities people experience today. Of all the new choices there must be one for you!

Off-Campus Profile

Alfery Investigates World of Medicine

by Lindsey Johnson '03

From CAT scans to stomachs being stapled, senior Janna Alfery is having a great time with her off-campus Winterim. Every day she goes to the hospital to spend time with a different specialist. She has been with a general surgeon, orthopedist, OB anesthesiologist, a radiolo-

gist ... and the list goes on. Janna gets to follow each specialist and see what they do every day. She says, "I enjoy it because I get to experience all the wide ranges of medicines there are." This has been a great life experience for her and she highly recommends it for future Winterim students.

Fashion Through the Century

by Carolyn Richards '03

Have you ever wondered about the fashions from the 20th century? Well, there sure have been many. The fashions changed decade to decade.

In the 1910's, women's fashions began to change dramatically. Before World War I, women's apparel was all very formal but not very functional. However, fashions changed to cope with a nation at war, becoming much more practical.

The styles were still changing as 1920 rolled around. In the 1920's, a more boyish look was adopted for women. Women still wore skirts, but the hem lengths got shorter as did hair. Women also began to wear straight, unfitted dresses that ended at or above the knee.

The 1930's brought a great change in women's fashions, too: slacks. As women began to wear slacks, the hem lengths of skirts lengthened.

The 1940's were also a decade of change in the fashion world. During these years, skirts became shorter, but long skirts were still worn. Slacks stayed stylish through this decade. Nylon also became popular, and when World War II started, tailored styles and padded shoulders became fashionable. Perhaps this was a reflection of

women's new role in a nation again at war.

In the 1950's, there were many new styles. Girls wore straight, tight-fitting sheath dresses. Also, we all know about capri pants and poodle skirts.



In the 1960's, many new and interesting styles came out, some of them as result of the sexual revolution. The mini skirt arrived after being a smash hit in Britain. The A-line skirt was

also very popular. In addition, women wore loose fitting shifts and bell-bottoms, showing the freedom of the age.

In the 1970's, people's motto was anything goes—and it did. Women wore just about everything, mixing fancy platforms with jeans, big shirts with mini skirts.

The 1980's saw a softening in fashions. Skirts were stylish at any length. Women wore things baggy and things tight.

We all know about the 1990's. Many of the fashions were reappearing from decades long ago.

The fashions in this century changed often to reflect the moods and needs of the nation. There was everything from ankle-length skirts to mini skirts. But fashion has always had one goal—appeal. All people want to look good.

Movie Reviews

The Cider House Rules

by Katie Smith and Allison Chandler

From the director of *Eating Gilbert Grape* and *Something to Talk About* comes a heartwarming tale about a young orphan. Tobey Maguire stars as the orphan, Homer Wells, who was raised all his life by Dr. Larch, played by Michael Caine.

Homer was taught the field of medicine, with a focus on births and abortions, by Dr. Larch. When Homer sees his ticket out with Wally (Paul Rudd) and Candy (Charlize Theron), he jumps at the opportunity. Winding up in a small Maine town picking apples and catching lobsters, he finally feels self-

sufficient.

Based on the novel by John Irving, this movie capture your heart. With the adorable faces of little orphans, like Fuzzy and Curly, you cannot say no. Though this movie involves death as well as some sexuality and violence, it is worth your time. We give it nine out of ten stars.

Supernova • This action-packed sci-fi thriller is a confusing catastrophe! We give it 4 out of 10 stars, but you might want to go and see it to decide on your own.

Girl, Interrupted is a mature movie, covering all dimensions of life and shedding new light on darkened areas, mental problems. We give this

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New Band in Effect



by Sara Burson '03

Over the years, Nashville has seen everything from country to rock to punk to ska and back again. Musical talents such as Sixpence None the Richer, Wes Boreland of Limp Bizkit, and Amy Grant, former Harpeth Hall student, have sprouted from Nashville. Almost every well-known artist out there has at least recorded a song in Nashville—Music City, USA. Now sprouts a new hardcore punk band known as Seven Second Delay, whose keyboardist, Kara Fox, is a sophomore here at Harpeth Hall.

Seven Second Delay formed four years ago. At the time its members were Cody Bottoms, Trevor Dallas, and Anders Folger—all teenage aspiring musicians in Nashville. After the group played at the Fairview Band Bash and the Bagel Gallery, Folger left the group. Seven Second Delay was then dormant until 1998. They began to play at parties, making their big break at a club called The 8th Day, playing with friends and former band mates The Verdict and Teenage Lobotomy. They can now be found playing at Indienet, The 8th Day, and most often, Bellevue Station.

Seven Second Delay's music is a mix of hardcore punk, much like inspirations KoRn, Deftones, and Rob Zombie. "We play all kinds of stuff like, Metal, Hard core, and even soft rock and techno. We play everything! We don't follow the norm," says drummer Cody Bottoms.

The band now consists of Hillwood student Mark Hellmreich on guitar, Cody Bottoms on drums and sound effects, Kara Fox on keyboard, and Hillwood student Michael Owen on bass. Cody Bottoms also manages the group's homepage and writes the lyrics to most of their songs.

Seven Second Delay has performed with Fair Verona, Imzadi, Dharmakaya, Fall with Me, and

others. Bassist Michael Owen says his personal inspirations are "Weezer, Blink 182, Incubus, Weezer, Incubus, Deftones, Weezer, Weezer, Imzadi, Bad Religion, NOFX, Pennywise, Weezer, and Weezer. Oh wait! Did I add Nirvana? They [have to] be [in] there and, of course, Aquabats."

The audience's reaction to the band at first wasn't too great, but the group has improved. About the crowd's response, Owen says, "They sit there ... toward the end there are a few people [getting into it and] moshing around. We get lots of applause!" On problems the band has faced, Owen also says, "Hmm criticisms—back in the early days, people thought it was lame, all they could hear was the drums, Cody, and the keyboards. 'We fixed it up, though. To all the people that hate us: we're sorry! We fixed it! It's cool now! Trust me!'"

The current members of the group get along well. There were problems with Anders in the past, but now Mark, Cody, Kara, and Mikey get along just fine. "We tizight," says Michael jokingly.

Seven Second Delay will be playing at the Hillwood Symposium in March and Indienet in February. Mikey and Cody have asked that everyone come see them. Bottoms says, "The music scene is starting to fall apart, and we are going to fix it."

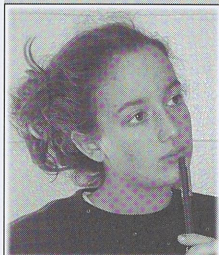
Off-Campus Profile

Bartoe Finds Depth, Accomplishment in Art Study

by Ellen Fort '02

Senior Kerry Bartoe has selected an interesting and insightful activity for her Winterim Project. She has chosen to stay in town and work on an independent art study. An independent art project is →

Columnist



Teen Pregnancy: What Can Be Done

by Audrey Ball '02

Each year, thousands of young, teenage girls take on the responsibility of being a mother. Many of these girls do not finish school. Their babies are more likely to become teenage mothers and are more likely to be abused growing up.

A local, non-profit organization dedicated to teen pregnancy prevention is Crittenton Services. On the first Monday of Winterim, four peer educators came to Harpeth Hall to talk to us about teenage pregnancies, sexually transmitted diseases and other adolescent issues. These four teenagers, one of whom became a mother at fourteen, answered questions honestly and openly. What they said made me more aware of the teen pregnancy problem in Tennessee and all over the U.S.

In the United States, there are more teen pregnancies than any other country in the western industrialized world. In fact, the birth rate in the U.S. is approximately two times greater than anywhere else in the west. In Tennessee alone, 1,626 teens became pregnant in 1997. These pregnancies are not only numerous but very expensive. They cost Tennesseans four hundred million dollars a year and the United States at least seven billion dollars a year.

According to Leah Mannery, teen pregnancies are not only expensive but are also time consuming and tiring. When I spoke with Leah, a teenage mother of a little girl named Leana', she explained how having a child has affected her life. Leah became pregnant at age sixteen when she was about to start a new school year at Christ Presbyterian Academy. At that moment several changes took place in her life. Leah was forced to leave her school and began attending Maplewood. There she was able to place Leana' in a day

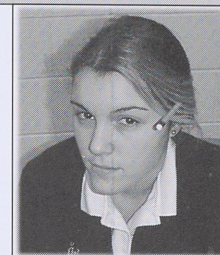
care program and continue her high school education. When I asked what some of the consequences of her pregnancy were, she told me that it was incredibly hard to leave a school that she loved and to see the hurt that it caused her family. She saw her mother and grandmother cry for the first time and says that "seeing them hurt was the worst thing." Another consequence for having a baby was is that she has to miss out on activities that most teenagers take for granted. For example, if Leah wants to attend a football game then she either has to find a babysitter or take Leana' with her. Sometimes Leah is forced to stay at home while her friends go out. "My childhood was taken away from me," she says and adds that she wishes she had waited to have a child. Luckily, Leah is receiving financial support from Leana's father and he spends time with Leana' as well. He helps pay for diapers, day care, and Leah's rent since she lives on her own.

Though Leah's situation is a good one, it is rare for one to have such a positive outcome. To help prevent these pregnancies it is important for several things to be done. First of all, prevention programs such as Crittenton need to continue to educate and help in current pregnancy situations. The reason that so many teen pregnancies occur is due to ignorance. Perhaps a girl does not know how to say no to sex or how to protect herself. Either way, there is a lack of education. It is imperative that more effort be made to educate adolescents about the consequences and dangers of sex and how to protect oneself. If there continues to be a lack of information readily available for teenagers then several others just like Leah will live with a regret that lasts a lifetime.

chosen in a field such as music, art, photography, writing, leadership or anything for which the student has a passion. The student is required to spend a minimum of six hours each day working on their project, not including a lunch break. The candidate for an independent study must submit a proposal, determining what they intend to accomplish and why they wish to do an →

Logos II—addressing topics of concern to young women

Columnist



Society's Outlook on Body Image Skewed

by Ellen Fort '02

The media is ever present in today's society. It tells us what to eat, where to buy clothes, what clothes to buy, what toothpaste to use, what hairstyle is in fashion, and how to look. Most people worry about how they look to other people. They want the "right" look. Women especially are affected by this mindset. It is well known that women's concern with their physical appearance can lead to low self-esteem, eating disorders and other problems, and it has recently proved to have an effect on mental capacity as well. Studies conducted by social psychologist Barbara Fredrickson of the University of Michigan show that the more women worry about how they look, the less mental energy they have for other activities—such as math. (Maybe uniforms do have a purpose!) Women are daily bombarded with images of skinny women with big breasts ... but where did this image originate?

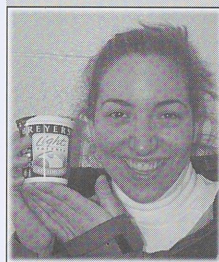
Everyone knows that most of the millions of people across America do not look like the media-generated goddesses that we see on T.V. every day. Even Marilyn Monroe, THE sex symbol of the twentieth century, wore a size twelve. In fact, the average

height and weight of a woman in America is five feet four inches and one-hundred and thirty-five pounds.

At ages as young as five, young girls across America worry about their weight. They dress in grown-up clothing shrunk down to their sizes, like Capri pants and three-quarter length tops. Some are also subjected to child beauty pageants, where they wear bathing suits and lots of make up. Is it right for little girls to be seen as "sex symbols"? I don't think so. Little girls who are bred to think first and foremost about their appearance will grow up with those same skewed ideals.

And what does this "perfect body image" say about our society? Are we more obsessed with our image, and less concerned with academics and intellectual pursuits than we should be? I think that we are. All around the country, and the world, women are being nipped, tucked, augmented, and implanted so that they can be "perfect." I once saw a woman on the *Sally Jesse* show who had almost completely reconstructed herself to become Madonna. It made her feel "prettier". Much can be said for the pleasant effects of feeling pretty, but if that is the main concern, then America, and this poor woman, are in trouble.

Columnist



Debunking Diet Fads:

Why the Top Three Diets Don't Work

by Caroline Moses '02

Many in America are looking for an easy and cheap way to lose weight. Slim Fast, Sugar Busters, and the Atkins diet all claim to do just that. I have investigated all of these diets, and I am now ready to reveal to you the shocking results. First, the Sugar Busters Diet simply restricts dieters from eating anything with refined sugar. The deprivation of this lost nutrient can cause the dieter to lose weight, but only because of malnourishment. (The diet makes many fake claims such as weight gain, sugar causes diabetes, and the diet "costs nothing".) All of these claims are false. Tufts University researchers suggest "Save twenty two dollars up

front by not buying the book."

Another popular fad diet is Slim-Fast. The Slim-Fast plan requires a Slim-Fast shake for breakfast, a Slim-Fast shake for lunch, two fruits and a Slim-Fast snack bar for a snack and a sensible dinner consisting of some vegetable and a small portion of fish or chicken. The plan is not only impractical, but is ridiculously unsuccessful as well. The plan suggests that once you've reached your weight loss goal to go back to replacing only one meal with a shake. If the unwanted pounds ever begin to come back, the plan suggests returning to replacing two meals a day

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Abigail Markham's Off Season Training

by Margaret Riley '03

Soccer season may be over, but that doesn't stop sophomore Abigail Markham from devoting her life

to the sport. In fact, soccer season for her is never over. Once Harpeth Hall's season has ended, Abby starts playing with her club team of five years, Lady Express. They practice four to five times a

week, running sprints and long distance and doing drills that enhance their agility and quickness.

Abby's inspiration for playing soccer year-round comes from her dream of playing college ball. Abby says, "I definitely plan on playing soccer after high school. My goals are to play in college at a school with a good-strong soccer program."

Abby's weekends are normally filled with out-of-town trips to soccer tournaments. She



Markham eyes future soccer goals

photo courtesy of Margaret Riley

actually just got back from spending her Christmas break in Miami, playing teams from coast to coast. Lady Express has competed against teams from places such as North Carolina, Texas, Virginia, Massachusetts, Florida, and even Taiwan.

As well as playing on a travel soccer team, Abby has played ODP (Olympic Development Program) for four years. Soccer consumes a huge part of Abby's life. When asked why she dedicates so much time to the sport she replies, "I enjoy the sport, the competition, and the action. I have met many people by traveling to places to play soccer. I love to win and I can't stand having nothing to keep me busy."

Following an Artistic Passion

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independent study. They then keep a journal recording their daily activities, which they give to a faculty member at the end of the three weeks, for a formal evaluation.

Bartoe chose to do an independent study on art because it gave her a chance to do bigger and more consistent projects than can be accomplished during short daily classes. "It's a great supplement to AP art," Bartoe says. It has helped her to get ahead on her portfolio that she will be sending to colleges. She has done about five projects so far, and expects to do more. "I work kind of slow, so it's a good chance to get ahead," says Bartoe. "Also, I get to do things I wouldn't normally get to do." She is toying with the idea of using her last week of Winterim to work with stained glass, employing a skill she acquired during her freshman Winterim. An aspect of the project that Bartoe especially enjoys is the flexibility. She can take a day off if she needs it, and has no set time with which she is expected to comply. Also an extreme plus, there is no homework. That doesn't mean that she isn't working; Bartoe is required to take pictures of her finished work and turn it in to her faculty supervisor. "She's usually here from eight in the morning until five in the afternoon," says Ms. Vietorisz. Most importantly, Bartoe enjoys the class. "This has been a good opportunity to get ahead and work with something I love."

More Reviews

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8 and a half stars. It is disturbing but a wonderful true story.

The Hurricane is based on the true story of boxer Rubin "Hurricane" Carter's life experience dealing with racism and a jail sentence for a murder he didn't commit. We give this 8 out of 10 stars. Though long, in the end it all makes sense and warms your heart.

Tellin' It Like It Is



by Becky Brown '02

Dear Becky:
I have a problem with a girl that I know. She drives me crazy. I can't stand her. She thinks she knows everything. She is a really big show off and is always yelling at her mother. One day, she ask

me how old I was as if I was two years old, even though she is my age. That just drove me insane. Can you help me learn to tolerate this girl, or will I be tormented forever?

I know exactly how you feel, and the only way to avoid a serious conflict (even though it is cliché) is to really try to ignore her. I know all you really want to do is throw down the gloves and go at it, but if she is as annoying as you say she is, she is not worth your time. The next time she says anything "clever," just act like it was the dumbest thing in the world and walk away. She doesn't deserve a response.

Dear Becky:

My best friend and I never see each other because every time we try to get together, he ditches me

at the last minute! I talked to him about it but he couldn't understand why I was upset and actually made me feel bad for being angry with him. He says that he wants to see me, but things just keep coming up. What can I do?

He doesn't really sound like a very good friend. If he is making you feel bad just for asking him where he was, it sounds like he is hiding something. You really need to pull him aside and ask him why he is acting the way he is. If he really is your best friend, then he should be able to be honest with you.

Dear Becky:

My friend hasn't been eating much lately and when she does I think she throws it up. I am really worried about her, and every time I have tried to say something she gets mad and changes the subject. I've tried to tell her that she is hurting herself, but she won't listen. Please help.

As I am sure you know, this is very serious. Your friend is in a lot of danger, and she could hurt herself very badly. Besides the physical effects, anorexia and bulimia can destroy your relationships with friends and family. You really should talk to any adult, especially Dana or Erika, about your friend before permanent harm is done.

Bearacudas Working to the Top

by Lyndsey Johnson '03

The smell of chlorine, the bright lights, and the echoes of peoples' voices. This is The Sportsplex, where the Harpeth hall Bearacudas are working their way to the top spot in the state. "I believe we should place in the top three spots this year," says coach Polly Linden. A coach for six years, Linden believes this is the strongest team, in terms of depth, that Harpeth Hall has ever seen. She loves coaching because she gets to know the students outside of the classroom and she thoroughly enjoys the job.

The team has won all of their meets so far. They have gone up against teams such as Father Ryan, Baylor, Oakland, and Brentwood Academy. The team still has a ways to go before regions and state, facing such teams as Farragut, GPS, and Brentwood High School. Regions are on February 10 and 11 at Centennial Sportsplex. State is held February 25 and 26, also at Centennial Sportsplex. The team is getting pumped and ready for all of these upcoming meets. So watch for your HH Bearacudas to be making their way to the top.

Refuse to Lose

by Becky Brown '02

Even though the season officially starts November 1, basketball is a year-round commitment. With intense workouts and camps during summer and open gym all year round, being a Honeybear is a very big responsibility.

Meg, Trisha, Emily, Megan, Margaret, Lisa, Molly, Anne, Susan, Elizabeth, Becky, Stephanie, Lindsay, Abigail, and Austin have taken on that responsibility.

Practice can start any time from 5:30 a.m. to 5:30 p.m., and take it first hand, they are not easy. The team has been doing grueling workouts, and with a recent trip to Memphis and an upcoming trip to Chattanooga, the team has been improving day by day. Close losses and blowout wins have become a characteristic of the team, but with their depth and skill, "da Bears" are going places.

Questionable Diets

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with a shake. This scheme sends your metabolism on a never ending rollercoaster, ultimately getting you no where but worn out and de-energized.

Last, the most popular diet out now is the Atkins Diet. The Atkins Diet has an estimated 20 million people following it. The diet was released in the 1970's, and it's following had diminished because of it's poor nutritional values until recently when people began using the diet more than ever despite the bad reputation. Because such a absurd diet is so popular it is very clear that people today care more about losing weight and looking thin than their health. The best way to feel good about yourself and be healthy is not to diet but to maintain a healthy lifestyle and to eat in moderation and use portion control.